

TALKING TO YOUNG CHILDREN ABOUT COVID-19



1) **Be honest about COVID-19.** Go ahead and tell your child, "Some people are getting sick. We are safer if we stay at our house right now. We are doing everything we can to stay healthy."



2) **Comfort your child.** Many children will worry about important people in their lives. Tell your child, "Your friends and teachers are not sick. They are staying healthy too." Tell your children about how the people in their family are healthy too - say their names.



3) **Reassure your child.** Many young children will be comforted knowing how their basic needs will be met during this time. Share with them all about the things in their life that will be the same. For example, "I'm going to be staying home with you for now. I'm going to be making you lunch, taking you outside to play, and tucking you in at night time. I love you and I am here to keep you safe."



4) **Remember young children may have magical thinking.** Sometimes they will think that they have done something to cause this - or that they could have prevented this from happening in some way. Remind your child, "It is not your fault that we aren't going to school and we are staying home to stay healthy. This was caused by someone getting sick and then other people catching their sickness. Things will be normal soon."